

A nighttime photograph of a city, likely Vancouver, with a large cruise ship docked at a pier in the foreground. The city lights are visible in the background, and the ship is illuminated with warm lights. The text "2025 Welcome Orientation PA Talk" is overlaid in a white box in the center.

# 2025 Welcome Orientation PA Talk

# What do the PAs do?

- Provide information and refer you to other resources
- Assist with communication and mediation
- Plan conferences

[nagasaki.pa@gmail.com](mailto:nagasaki.pa@gmail.com)

**\*\*Anything shared with the PAs remains confidential within the PAs\*\***

# Workplace Relations

- Who is your employer?
- Read your contract
- Contracts differ between Contracting Organizations
- Communication with your supervisor



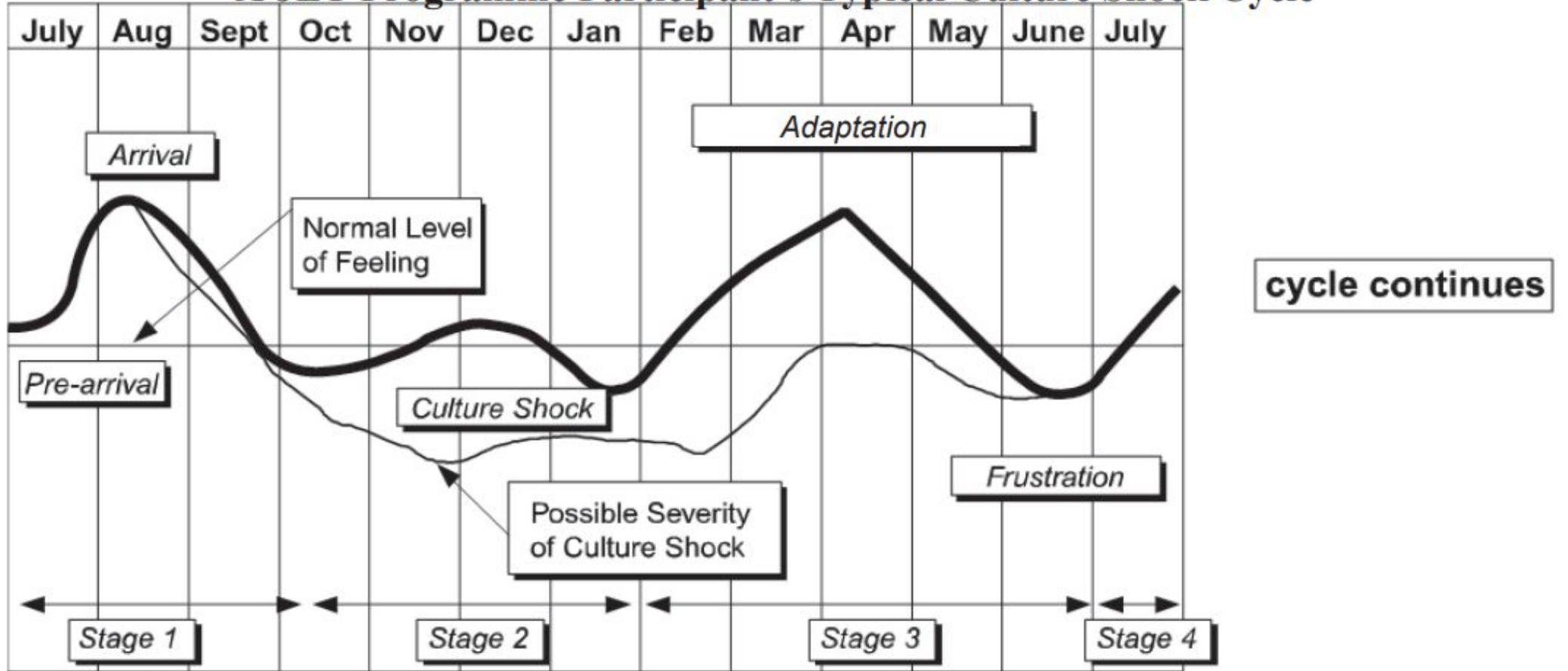
# Emergency Action Plan (EAP)

Nagasaki JET  
Website  
"Emergency Info"



# Culture Shock

A JET Programme Participant's Typical Culture Shock Cycle



# Culture Shock

- 1) Initial Euphoria (everything is new and exciting)
- 2) Irritation and Hostility (focus turns on the differences, feel homesick, have negative attitude towards Japan)
- 3) Gradual Adjustment (understand the culture better)
- 4) Adaptation and Biculturalism (enjoy the culture, may experience reverse culture shock on return to home country)

This process may happen repeatedly

# Travelling Abroad

## Embarkation/Disembarkation Card for Special Re-entry Permit

外国人用 (再入国) 再入国入国記録 DISEMBARKATION CARD FOR REENTRANT ②

氏名 (漢字) Name	氏 Family Name	名 Given Names	男① 女② Male Female
国籍・地域 Nationality/Region	生年月日 Date of Birth	Day 日 Month 月 Year 年	航空便名・船名 Last Sight No./Vessel

以下の質問について、該当するものに☑を記入し、署名 (特別永住者の方は署名のみ) して下さい。 Please check the applicable items and put your signature. (For special permanent resident, please put your signature only.)

1 あなたは、日本国又は日本国以外の国において、刑事事件で有罪判決を受けたことがありますか? Have you ever been found guilty in a criminal case in Japan or another country?  はい Yes  いいえ No

2 あなたは、現在、麻薬、大麻、あへん若しくは覚せい剤等の規制薬物又は銃砲、刀剣類若しくは火薬類を所持していますか? Do you presently have in your possession narcotics, marijuana, opium, stimulants, or other drugs, swords, explosives or other such items?  はい Yes  いいえ No

3 あなたは、現在、現金をいくら所持していますか? How much money in cash do you presently have in possession? \_\_\_\_\_ (円, \$, W, 元, その他 Others ( ))

以上の記載内容は事実と相違ありません。 I hereby declare that the statement given above is true and accurate.

署名 Signature \_\_\_\_\_

再入国出国記録 EMBARKATION CARD FOR REENTRANT ①

出入国記録番号 区分  
AAB 7076996 71

氏名 (漢字) Name	氏 Family Name	名 Given Names	男① 女② Male Female
国籍・地域 Nationality/Region	生年月日 Date of Birth	Day 日 Month 月 Year 年	航空便名・船名 Flight No./Vessel

みなし再入国許可による出国を希望します。 Departure with Special Re-entry Permission. (希望する場合は☐にチェックしてください。) (Please check the box.)

署名 Signature \_\_\_\_\_

みなし再入国許可で再入国できる期間は出国の日から1年間又は在留期限までのいずれか短い期間です。(特別永住者は出国の日から2年間です。) Special re-entry permission is valid for 1 year from the departure date or until expiry of the period of stay, whichever comes first. この期間を延長することはできません。 This period of validity cannot be extended.

官用欄 Official Use Only

\*KA7AAB707699671\*

Tick the column “I am leaving Japan temporarily and will return” / “Departure with special re-entry permission” and present with your passport and residence card

- Special “Reentrant Queue” to re-enter Japan
- Must return within one year of departure, and passport and residence card must still be valid

# Travelling Abroad

- JET Accident Insurance also covers any accidents or illnesses while abroad.
- Must apply within 30 days of the accident or at the beginning of the illness.



Nagasaki JET Website → “Useful Links”

# Reappointment

GIH p60~65

- JETs are NOT guaranteed reappointment – even for a second year.
- Maintaining a good relationship with your supervisor and co-workers is important.
- Be proactive in asking for feedback.
- Reappointment deadline will be set by contracting organization and may be as early as October.

### CO Intent to Reappoint/Participant Intent as to Reappointment 再任用意思通知兼意思確認調書

(For Contracting Organisation use 任用団体記入欄)

Date 日付: 2023 / 12 / 14
JET No. : _____
Name : _____
We intend to reappoint you on the following conditions: 当団体は、以下の条件で、あなたの再任用を希望します。
(1) Host Prefecture/Designated City 取りまとめ団体 : <u>Nagasaki Prefecture 長崎県</u> Contracting Organisation 任用団体 : <u>Nagasaki Prefecture 長崎県</u>
(2) Job-Type 職種 : <u>ALT</u>
(3) Term of Appointment 任期 : (standard 1 year reappointment 通常1年間の再任用) <u>2024/8/1 — 2025/3/31</u> <u>2025/4/1 — 2025/7/31</u>
(4) The Terms and Conditions will for the most part be the same as in the 2022-2023 JET Programme year. その他任用規則等については、概ね令和4年度に準ずるものとする。
Contracting Organisation : <u>Nagasaki Prefectural Board of Education High School Education Division</u> 所属部署 <u>長崎県教育庁高校教育課</u>
Contracting Organisation Head : <u>Director</u> 所属長 <u>課長</u>

(For JET Participant use) \*Please indicate your intent by signing in the appropriate space below.  
(JET参加者記入欄) ※いずれか一方を選択して、日付を記入し署名してください。

I wish to accept reappointment on the JET Programme. 私は、JETプログラムによる職について、引き続き就業する意思があります。
Date 日付: _____
Signature 署名: _____
I DO NOT wish to accept reappointment on the JET Programme for the following reason(s). 私は、JETプログラムによる職について、以下の理由により引き続き就業する意思がありません。
Reason(s) 理由: _____ _____ _____
Date 日付: _____
Signature 署名: _____

To Those Being Reappointed: The decision to reappoint you may be rescinded in the event you conduct acts inappropriate of a JET participant, or you do not fulfill the conditions required for reappointment.

【再任用が内定した方へ】次期任用開始日までに、再任用者として不適格とみなされる事実が判明した場合や、再任用の条件を満たさなくなった場合には、再任用内定を取り消すことがあります。

# Transfers

GIH p67 ~ 69

- Extremely rare and only granted in exceptional circumstances (e.g. marriage, medical requirements, primary carer) AND if a position is available
- Deadline is usually early October
- Apply through supervisor



# Insurance

- All JET participants are covered by 4 types of insurances:
  1. Health insurance
  2. Pension insurance
  3. Employment insurance
  4. JET accident insurance

# Taxes

GIH p76~79

## Types of Taxes:

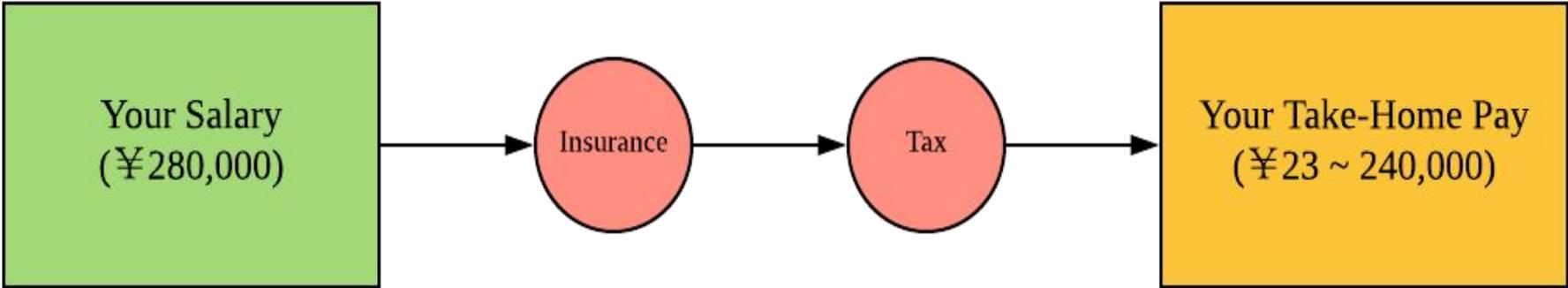
- Personal Income Tax
- Municipal Resident Tax
- Home Country Taxes

- Your tax requirements will differ based on your nationality and the length of your period of stay.
- Consult the GIH and your local tax office to understand what your tax requirements are.

**\*\*We are NOT tax experts!\*\***

# Insurance and Taxes

報酬月額 (Remuneration)	通勤費用 (Commutation allowance)	[標準報酬月額] 合計 (Sum)	社会保険料 (Social Insurance)			雇用保険料 (Employment Insurance)	課税対象額 (Taxables)	所得税 (Income Tax)	市町村民税 (Resident Tax)	控除計 (Deduction (Sum))	差引支給額 (Take-home)
			健康保険	厚生年金保険	合計						
280,000円	0円 0円	[280,000円] 280,000円	14,168円	24,959円	39,127円	1,120円	239,753円	甲(0人) 6,210円	0円	46,457円	233,543円
280,000円	0円	280,000円	14,168円	24,959円	39,127円	1,120円	239,753円	6,210円	0円	46,457円	233,543円



# Mental Health Lifelines

GIH p249

List of Lifelines in Japan	<a href="https://www.inochinodenwa.org">https://www.inochinodenwa.org</a> (Website in Japanese only)	
Tokyo English Lifeline (TELL)	9:00-23:00 Daily <a href="https://telljp.com/lifeline/">https://telljp.com/lifeline/</a>	03-5774-0992
TELL Counselling (Tokyo)	By appointment <a href="https://www.telljp.com/counseling/">https://www.telljp.com/counseling/</a>	
IMHPJ (International Mental Health Professionals Japan)	<a href="https://www.imhpj.org/">https://www.imhpj.org/</a> (English only)	
AJET Peer Support Group	7 days a week, 20:00–7:00	050-5534-5566 Skype: 'AJETPSG' (English only) <a href="https://www.ajetpsg.com/">https://www.ajetpsg.com/</a>

# CLAIR Counselling Support

GIH p179

- CLAIR provides a 50% subsidy for counselling fees from a specialized counselling institution (either in Japan or overseas) that is not covered by Japanese National Health Insurance, with a limit of ¥ 30,000 per fiscal year.
- CLAIR also provides free counselling via webmail and Skype. To obtain login details, consult latest CLAIR monthly newsletter or ask your supervisor.

# Private and Public Conduct

- Representing the JET community and your home country.
- Do not add or follow your students on social media.
- Do not meet up with your students outside of school.



# Zero Tolerance for Drink Driving

- Absolutely NO alcohol may be consumed before driving (applies to any kind of vehicle, including a bicycle)
- Severe penalties apply (civil and criminal) – who is liable?
- Make alternative plans (e.g. taxi, daiko service)



OR



# Available Resources

1. General Information Handbook
2. Nagasaki JET Website
3. Supervisor
4. Fellow JETs
5. Area Reps
6. PAs
7. AJET

